

National School Breakfast Week—March 5–9, 2007

It happens every morning all over the world. The sun rises in the east, and the morning light creeps over the horizon and into each house, flat, tent, mud hut and igloo, beckoning each of us to “wake up” and “get going!” After the routine rub of the eyes, you hop out of bed and ready yourself for the day. In a flash, you’re on your way. But wait! Before you step out that door and start trotting through your neck of the globe...stop...sit down...and make time for breakfast!

Starting the day off on the right foot requires a healthy breakfast, which gives you the energy to overcome the colossal hurdles you undoubtedly will face throughout the day. Without this enthusiasm, who else would be able to instill this notion of the importance of breakfast into the young minds you help feed each day? And for these young Alex Rodriguez-, Oprah Winfrey- and William Shakespeare-wannabes, eating breakfast not only gives them the power to succeed in the classroom—it will help them continue to perform at peak capacity throughout life. Without such performances, the world would be a different place entirely.

NSBW RECIPE

CONGEE

Milk, skim	1 1/2 gals.
Cornstarch	8.75 ozs.
Sugar	1 lb., 5 ozs.
Salt	2 tsps.
Eggs, large, whole, fresh or frozen	16 eggs
Cinnamon	1 tsp.
Vanilla extract	1/4 cup
Rice, white, long, cooked, with salt	4 lbs., 2 ozs.
Raisins	1 lb., 4 ozs.



Directions

1. Combine milk, cornstarch, sugar, salt, eggs and cinnamon. Stir until it is smooth.
2. Cook the mixture over medium heat, stirring frequently, for 20-30 minutes or until the mixture starts to thicken and just begins to boil.
3. Immediately turn off heat. Stir in vanilla, rice and raisins.
4. Pour the mixture into serving pans. Cover with plastic wrap to prevent the formation of surface film. Chill if desired.
5. Portion with a #12 scoop, or 1/3 cup per child. If desired, sprinkle with cinnamon.

Yield: 100 servings

Per Serving: 106 cal., 3.7 g pro., 21 g carb., 0.3 g fiber, 0.9 g fat, 0.3 g sat. fat, 35 mg chol., 155 mg sod., 159 IU vit. A, 0.1 mg vit. C, 82.9 mg ca., 0.5 mg iron

Recipe analysis: SNA, using Nutrikids (ver. 7.0)

**NSBW is the
perfect time
to show off
just how good a
job you do in
serving children
every day!**

NSBW RECIPE

MUESLI

Oatmeal	2.25 lbs.
Apple juice, canned, unsweetened, vitamin C	3 1/4 qts.
Blueberries, frozen	3 cups
Bananas, sliced	3 cups
Peaches, sliced, canned, light syrup	3 1/3 cups
Yogurt, lowfat, vanilla	1 1/2 qts.
Walnuts, chopped	5/8 cup



Directions

1. Combine all ingredients, except for nuts, in a bowl and mix well.
2. Cover the mixture and refrigerate 8 hours or overnight. (This dish can be stored, refrigerated and covered, up to four days.)
3. Portion one #6 scoop per child and top with nuts.

Yield: 50 servings

Per Serving: 166 cal., 5.4 g pro., 30.9 g carb., 3 g fiber, 2.9 g fat, 0.6 g sat. fat, 1 mg chol., 23 mg sod., 82 IU vit. A, 28.5 mg vit. C, 68.9 mg ca., 1.4 mg iron

Recipe analysis: SNA, using Nutrikids (ver. 7.0)

Could such creations as the Eiffel Tower or the Taj Mahal be born from minds low on creative juices? Even the ancients knew the importance of those powerful morning meals. How else would they have had the strength and determination to build such remarkable structures as the Pyramids of Egypt, Stonehenge,

the Parthenon and the Great Wall of China? By continuing this rich tradition of promoting healthy and active bodies, what worldly achievements will you witness in the years ahead? During National School Breakfast Week (NSBW), March 5-9, 2007, you and your students can explore the answer to that question with the theme, "A World of School Breakfasts."

Whether it will be the next great landmark on the atlas or bringing peace to quarreling nations, the future achievements of the very same students who walk through your breakfast line each day are limitless and likely will extend far beyond the borders of your community. With this year's theme, NSBW gives you the opportunity to celebrate the potential of your students—and nothing will get them, and you, in the festive spirit the way breakfast can. Don't forget to include administrators, faculty and the community in the excitement, as this is the perfect time to show off just how good a job you do in serving children every day!

NSBW RECIPE

BREAKFAST FRITTATA

Olive oil	2/3 cup
Onions	6 lbs.
Thyme	1 Tbsp.
Tomatoes, plum	4 lbs.
Eggs, large, whole, fresh or frozen	100 eggs
Salt	1/4 cup
Cayenne pepper	1 1/2 tsps.
Cheese, Parmesan, shredded	6 1/4 cups



Directions

1. Heat the oil and add the onions, tomatoes and thyme. Cook until the ingredients are limp. Meanwhile, preheat the oven to 375°F and spray-coat five 12 x 10 x 2-in. pans.
2. Beat the eggs, salt and pepper together. Pour 2 1/2 cups egg mixture over the onions and tomatoes in each pan. Bake the mixture 12-15 minutes or until it is puffy and firm in the center.
3. Sprinkle 2/3 cup cheese over eggs in each pan. Bake the pans an additional 3-5 minutes until the cheese is melted.
4. Cut each pan into 20 servings.

Yield: 100 servings

Per Serving: 122 cal., 8.6 g pro., 4.1 g carb., 0.6 g fiber, 7.8 g fat, 2.6 g sat. fat, 215 mg chol., 435 mg sod., 440 IU vit. A, 4.1 mg vit. C, 97.8 mg ca., 1.1 mg iron

Recipe analysis: SNA, using Nutrikids (ver. 7.0)



NSBW is a good time to change attitudes! Get the whole school involved in the action, especially the teachers, who may be able to incorporate NSBW theme-related lessons into their classroom learning.

Introducing school breakfast

Indeed, many already have stopped in their tracks and taken notice of the School Breakfast Program (SBP). The widely offered SBP is active in approximately 75,000 schools and childcare institutions, with nearly 9 million meals served each day. Although participation in the SBP has increased steadily, it still pales in comparison to the 29 million meals served through the National School Lunch Program. With nutritionists and health professionals citing breakfast as the day's most important meal, and with studies indicating correlations between eating breakfast and improved academic performance and overall health, why is participation in the SBP lackluster? While only you can answer that question precisely for your school or district's foodservice operation, the solution may be as simple as resolving logistical and support issues.

Finding a suitable way of serving breakfast in your school can be a difficult task. In some districts, schools have replaced traditional breakfast in the cafeteria with an approach that better fits the fast-paced, globetrotting ways of their students. Popular

methods include breakfast in the classroom, bagged or grab 'n' go breakfasts, breakfast carts and even breakfast on the bus. To find out which one might work best for your operation, read more in *"Morning Glory" November 2005*.

If you already have found the right method of serving breakfast in your school or district but haven't received the support you need from administrators, teachers, coaches and parents, this may be dampening your own enthusiasm—as well as the success of your operation. NSBW is a good time to change attitudes! Get the whole school involved in the action, especially the teachers, who may be able to incorporate NSBW theme-related lessons into their classroom learning. It won't be long before even your harshest critics or most ambivalent bystanders marvel at the transformation of students to healthier and more productive individuals.

Whatever school breakfast challenges you face, it's time to map out a solution and show the world you can make a difference by feeding children—and the future. Every journey begins with a single step; make your first—or next—step your participation in NSBW 2007: "A World of School Breakfasts."



NSBW MENU

WHEN IN ROME . . .

ITEMS

Breakfast Frittata*	1 piece
Bagel & Cream Cheese, Jelly	1 bagel & 1 Tbsp. each
Fruit Juice	4 fl. ozs.
Milk, 1%	8 fl. ozs.

SERVING SIZE

RECIPE

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MEAL PATTERN

2 ozs. meat/meat alternate
 3 grains/breads
 1/2 cup fruit/vegetable
 1 milk

Per Serving: 585 cal., 25.9 g pro., 83.6 g carb., 2.6 g fiber, 16.5 g fat, 7.5 g sat. fat, 243 mg chol., 973 mg sod., 1,173 IU vit. A, 31.2 mg vit. C, 466.4 mg ca., 4.4 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate, 1/2 cup fruit/vegetable, 3 grains/breads, 1 milk

***A frittata is an Italian open-faced omelet with such ingredients as cheese and vegetables mixed into the eggs, rather than used as a filling. Crusty bread is part of all Italian meals.**



NSBW MENU

BEIJING BREAKFAST

ITEMS

Congee*	1/3 cup
Nut and Banana Cup	1/2 cup
Graham Crackers	4 crackers
Fruit Juice	4 fl. ozs.
Milk, Skim	8 fl. ozs.

SERVING SIZE

RECIPE

page 50

MEAL PATTERN

1 oz. meat/meat alternate, 1/4 cup fruit/vegetable
 1 grain/bread
 1/2 cup fruit/vegetable
 1 milk

Per Serving: 724 cal., 21.6 g pro., 112.9 g carb., 6.8 g fiber, 23.6 g fat, 3 g sat. fat, 31 mg chol., 570 mg sod., 742 IU vit. A, 28.9 mg vit. C, 444.6 mg ca., 4.2 mg iron

Total Meal Pattern: 1 oz. meat/meat alternate, 3/4 cup fruit/vegetable, 1 grain/bread, 1 milk

***Congee, similar to rice pudding, is a universal breakfast food in China and many other Asian countries. It is a creamy, moist, rice dish, traditionally made with coconut milk.**





NSBW MENU

WALK LIKE AN EGYPTIAN

ITEMS

Pita & Hummus*
Citrus Fruit Cup
Fruit Juice
Milk, 1%

SERVING SIZE

1 pita & 1 #8 scoop
1/2 cup
4 fl. ozs.
8 fl. ozs.

RECIPE

USDA E-24**

MEAL PATTERN

1 grain/bread, 1.25 ozs. meat/meat alternate
1/2 cup fruit/vegetable
1/2 cup fruit/vegetable
1 milk

Per Serving: 624 cal., 18.4 g pro., 75.6 g carb., 6.3 g fiber, 30.4 g fat, 5.9 g sat. fat, 12 mg chol., 787 mg sod., 1,090 IU vit. A, 36.5 mg vit. C, 342.9 mg ca., 2.7 mg iron

Total Meal Pattern: 1.25 ozs. meat/meat alternate, 1 cup fruit/vegetable, 1 grain/bread, 1 milk

***Pita bread, which is eaten at almost every meal in Egypt, is used to scoop or hold food. Hummus is a chickpea dip that combines beans and yogurt.**

****USDA Recipe E-24 is available as a downloadable PDF at www.nfsmi.org/Information/school_recipe_index_number.html.**



NSBW MENU

BONZER BREAKFAST FROM OZ, MATE

ITEMS

Muesli*
Whole-wheat Toast & Jelly
Fruit Juice
Milk, 1%

SERVING SIZE

1 #6 scoop
2 ozs. & 1 Tbsp.
4 fl. ozs.
8 fl. ozs.

RECIPE

page 50

MEAL PATTERN

1/2 grain/bread, 1/2 fruit/vegetable
2 grains/breads
1/2 cup fruit/vegetable
1 milk

Per Serving: 609 cal., 20.4 g pro., 100.7 g carb., 7.1 g fiber, 15.8 g fat, 7.8 g sat. fat, 35 mg chol., 496 mg sod., 870 IU vit. A, 55.8 mg vit. C, 431.9 mg ca., 4 mg iron

Total Meal Pattern: 1 cup fruit/vegetable, 2 1/2 grains/breads, 1 milk

***A popular Australian breakfast includes muesli, a combination of fruit, yogurt, nuts and grains. It often is served with toast and beverages.**



NSBW MENU

AWESOME AZTEC DESAYUNO (BREAKFAST)

ITEMS

Breakfast Burrito*
Strawberry cup
Fruit Juice
Milk

SERVING SIZE

1 burrito
1/2 cup
4 fl. ozs.
8 fl. ozs.

RECIPE

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MEAL PATTERN

2 ozs. meat/meat alternate, 1 grain/bread,
1/4 cup fruit/vegetable
1/2 cup fruit/vegetable
1/2 cup fruit/vegetable
1 milk

Per Serving: 505 cal., 20.4 g pro., 84 g carb., 4.5 g fiber, 11.3 g fat, 4 g sat. fat, 252 mg chol., 656 mg sod., 1,054 IU vit. A, 87.6 mg vit. C, 404 mg ca., 4.2 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate, 1 1/4 cups fruit/vegetable, 1 grain/bread, 1 milk

***Traditionally, two breakfasts are eaten in Mexico. The early breakfast includes sweet breads with hot chocolate. The second breakfast is heartier and may include eggs, chili sauce, tortillas and a hot beverage.**

Average Per Serving for NSBW 2005 Meals: 610 cal., 21.3 g pro., 91.3 g carb., 5.5 g fiber, 19.5 g fat, 5.6 g sat. fat, 115 mg chol., 696 mg sod., 986 IU vit. A, 48 mg vit. C, 418 mg ca., 3.9 mg iron

All menus and recipes are suggestions for your consideration. School foodservice professionals are encouraged to choose menus that fit best with the needs of your staff and students. SNA has not tested these recipes in a kitchen. Menus and recipes were analyzed by SNA, using Nutrikids (ver. 7.0).

NSBW RECIPE

BREAKFAST BURRITO

Eggs, whole, fresh or frozen	12 lbs., 8 ozs.
Corn, sweet yellow, frozen	1 lb., 4 ozs.
Milk, 2% lowfat	1½ cups
Green bell peppers, diced*	1 lb., 8 ozs.
Onions, diced	1 lb., 12 ozs.
Tomatoes, fresh, diced	4 ozs.
Mustard, yellow	½ cup
Garlic, granulated	1 Tbsp., 1 tsp.
Hot pepper sauce	2 Tbsps.
Salt	1 Tbsp., 1 tsp.
Tortillas, 7-in., flour	100 tortillas



Directions

1. In a mixer, using a paddle attachment, blend all of the ingredients except the tortillas.
2. Pour 1 gal., 2 cups of the mixture into each of four oiled, 12 x 20 x 2½-in. steamtable pans. Cover with foil or metal lid.
3. If using a conventional oven, bake the pans at 350°F for 1 hour. If using a convection oven, bake at 325°F for 50 minutes. If using a compartment steamer, bake for 30 minutes.
4. Arrange 25 tortillas in each of four steamtable pans measuring 12 x 20 x 2½ inches, so that the tortillas overlap.
5. To heat the tortillas using a conventional or a convection oven, cover them with a clean, damp cloth and cook them at 300°F for 3 minutes. If using a compartment steamer, cover them with plastic wrap and cook for 2-3 minutes.
6. Fill each tortilla with a #10 scoop of cooked egg mixture. Roll the burritos.
7. Serve 1 burrito per child with 2 Tbsps. salsa.

*Note: You will need 1 lb., 14 ozs. of fresh, raw green peppers to yield 1 lb., 8 ozs. diced peppers.

Yield: 100 servings

Per Serving: 216 cal., 11 g pro., 23.1 g carb., 1.9 g fiber, 8.6 g fat, 2.5 g sat. fat, 240 mg chol., 542 mg sod., 487 IU vit. A, 7.9 mg vit. C, 86.8 mg ca., 2.9 mg iron

Recipe analysis: SNA, using Nutrikids (ver. 7.0)



**All you need
is a dash of
imagination and
an ounce of
ingenuity to
transport you and
your students to
the furthest ends
of the earth!**

Breakfast around the world

Do you ever stop and wonder what breakfast in Switzerland entails? What about Turkey? Do people in China drink orange juice in the morning? Whether you nibble on *groene haring* (a green herring breakfast delicacy in The Netherlands), sip some *tarhana* soup (crushed wheat and yogurt pressed into small cakes and sun-dried in Turkey) or start the day with *congee* (a breakfast staple similar to rice pudding in China), the food you eat says a lot about your culture. And what better way is there to experience world culture than enjoying new and distinctive tastes?

This year, NSBW features five menus highlighting the different breakfast flavors of Asia (China), Australia, Europe (Italy) and North America (Mexico). Recipes approximating key components of each international breakfast also are included. Of course, you don't have to limit your own menu to these selections. Decide what types of ethnic foods would appeal to your students' taste buds and develop your *own* international menu for NSBW.

In addition to menus and recipes, when it comes to NSBW, SNA is your source for a wealth of ideas—from fun activities to promo-

tional advice. SNA's website features valuable promotion and public relations tools, which will be available later this year. The SNA Emporium will offer a vast selection of products and promotional materials that feature the "A World of School Breakfasts" theme. From T-shirts to posters and balloons, the Emporium features the essentials you need to promote the importance of breakfast to your student customers. To place an order, visit <http://emporium.schoolnutrition.org> or call (800) 728-0728. For activity and decorating suggestions, consider some of the following ways to make your celebration a memorable event that puts smiles on everyone's faces.

Let's go sightseeing

You don't need a passport or plane tickets to travel around the world. During NSBW, all you need is a dash of imagination and an ounce of ingenuity to transport you and your students to the furthest ends of the earth. You may choose to focus on one country, or you can journey across the seven continents. Whichever you choose, it's best to have a well-mapped plan for all your NSBW activities.



Meet with supportive teachers and brainstorm ways the classroom can support the cafeteria during NSBW.

As NSBW approaches, don't limit the excitement of this celebration to the cafeteria. Start by displaying travel posters throughout school hallways; add banners that will direct all to the cafeteria, such as "Taste the World at Breakfast" or "Globe Trekking to Breakfast." If your school has an outdoor marquee sign, use it to announce NSBW to parents and the local community. Pick up some paint and paintbrushes and use them (with permission) to transform the playground area to a world of fun—with large maps and colorful countries and sights scattered all over the asphalt.

Now, turn your attention to the cafeteria. Your muse and sources of decorating inspiration are up to you. From the chimes of Big Ben to the thunderous roar of Victoria Falls, no one knows what will stir your students' curiosity and enthusiasm better than you do. A month or two before NSBW, start collecting various materials to create your global makeover. These supplies may include various sizes of boxes, paint, glue, construction paper, newspaper, plastic bottles and containers, posterboard, wrapping paper, fabric, aluminum foil and other traditional craft materials. Ready? The world is at your fingertips, so let your imagination soar!

Areas rich in wildlife always intrigue students; why not recreate the island nation of Madagascar, complete with tropical plants, lemurs and birds? Maybe your team would opt for an African safari theme to spy on lions and giraffes? Perhaps your students will enjoy pondering the mystery of 'Nessie (a.k.a. the Loch Ness Monster). Use a corner of your cafeteria to simulate the elusive creature and the northern Scotland Lake, and top it off by playing sounds of rolling water and other creepy noises.

Of course, few things are more fascinating than ancient Egypt and the Pyramids of Giza. Use your resources to build the three pyramids—Menkaure, Khafre and Khufu—as well as the infamous Sphinx. Finishing touches might include hieroglyphic script and a cutout drawing of a pharaoh. These are just small tastes of the many different cultural, historical and geographical landmarks you might consider. Others include the Eiffel Tower, the Great Wall of China, the Leaning Tower of Pisa, igloo-dotted

Arctic lands, the Amazon rainforest, the Australian outback and many more. Whatever you choose, make it fun for both students and your staff.

Travel companions

To incorporate activities that will reinforce the NSBW theme—and the message about the importance of eating breakfast at school—meet with supportive teachers and brainstorm ways the classroom can support the cafeteria during this week. Start by focusing on *destinations and landmarks*. Consider an essay-writing contest for older students. Ask students, "What landmarks would make your personal list of the seven wonders of the world? Why?" or "If you could travel to any country, where would it be? Why?" To reward winners, arrange for subscriptions to *National Geographic* or feature excerpts from the best essays on bulletin boards throughout the school.

For students of any age, suggest they keep a travel journal during NSBW. For each country your students "visit" (in lessons, Internet research activities, books, daily breakfast participation during NSBW), they should log their reflections. At the end of the week, collect the journals and ask a panel to judge the winner(s). Prizes can range from token giveaways with the NSBW theme or donated items from a travel store.

Consider quick daily activities as alternatives to weeklong projects. These can provide fun ways to stimulate students' minds for the day's learning. With the Internet as a resource, you can create map-based quizzes and other fun games with ease. Using maps and facts about countries, cities and major landmarks, create word scrambles, quizzes, puzzles and riddles. These can be distributed to students as they pick up their meals. Or use index cards featuring trivia to create a special NSBW Jeopardy® gameshow. Need more ideas? Ask foreign language teachers for video- or audiotapes to play for the students. Students will need to guess correctly what language is being spoken or what country the language is from in order to win prizes.

Art projects also encourage students to take more notice of the beautiful sights of the world. Some project ideas include creating travel posters, postcards or stamps for a selected country. Display these in the cafeteria or on bulletin boards. Use the postcards to craft a large postcard quilt, which makes a unique, colorful display. Younger students like playing with clay and certain foods that are fit for art activities. Using these supplies or other original media, ask



Connect the World

As you make your way around the world during National School Breakfast Week, use the following resources as your compass to success. Share these with students and teachers.

CuisineNet®

Want to know more about breakfast traditions around the world? Did you know that *petit dejeuner*, *frukost* and *zavtrak* are the names for the morning meal in France, Norway and Russia, respectively? Find out more by visiting www.cuisinenet.com/glossary/breakfast_world.html.

ePALS

ePALS is an online classroom community and provider of student-safe e-mail that will help your students form worldwide friendships. Used in classrooms in 191 countries, ePALS's multilingual network has made it possible for more than 6 million students and educators to use the Internet as a cross-cultural learning tool. Visit www.epals.com.

Explore Madagascar

Explore the wonders of the real Madagascar with this fun site for kids. This site includes a virtual tour of the island nation, e-cards, a photo gallery, a lemur match game and other fun goodies. Visit www.conservation.org/xp/madagascar.

Fact Monster

This colorful, student-friendly resource provides fun facts and features, plus individualized homework help and information on geography, maps, history, languages, ethnicity and government. Visit www.factmonster.com/countries.html.

GeographyIQ

GeographyIQ is an online world atlas packed with geographic, economic, political, historical and cultural information. The site also features maps, flags and currency conversions, as well as climate and time zone information. Go to www.geographyiq.com.

Hillman Wonders of the World

Check out this comprehensive listing of some of world's top wonders. Learn tidbits about selected cuisines and read through special travel guides with key facts. Visit www.hillmanwonders.com.

Kbears

KnowledgeBears.com provides fun for children of all ages with online educational tools that include maps, geography games, climate information and clips of music from across the globe. Check out www.kbears.com/geography.html.

Kids' Space Connection

This is another international meeting place for children and teachers. Here you can find pen pals from around the world. Check out interesting projects you can contribute to and cool clubs you can join. Visit www.ks-connection.org.

Mama Lisa's World

This site offers a collection of children's songs and nursery rhymes from around the world. Visit www.mamalisa.com/world.

National Geographic Xpeditions

Here you will find hundreds of printable maps, fun activity ideas, homework help and kid-friendly news. Teachers also will benefit from suggested lesson plans for K-12 students. Learn more at www.nationalgeographic.com/xpeditions.

PBS KIDS: Africa for Kids

This fun site features personal accounts from kids in four African schools, as well as interactive tools. Try out the tribal mask maker or play-your-own-thumb-piano tune. Or listen to a Swahili folktale. Visit <http://pbskids.org/africa/index.html>.

TrekEarth

Learn about the world through photography via this easy-to-navigate site. Here photographers display their work so that online sightseers can absorb all the magnificent views the world has to offer. See it all at www.trekearth.com.

United Nation's Cyberschoolbus

Great for both teachers and students, this site offers informative and interactive educational materials, including curriculum resources for teachers and quizzes, games and other educational tools for students. Visit www.cyberschoolbus.un.org.


students to construct the *eighth* wonder of the world—or simply create their versions of an international landmark, like the Golden Gate Bridge or the ancient Coliseum of Rome.

It's a small world, after all

With this year's NSBW theme, you also can focus your activities on the exploration of different *cultures*. By infusing messages of cultural diversity and acceptance into your NSBW ideas, you will

help your students become better citizens of the world.

To set the tone, decorate the cafeteria and serving areas with a multicultural sensibility, using colorful ethnic fabrics and knickknacks, like tribal masks or Asian-inspired pagodas. Encourage students to bring in symbols that represent their own cultural heritage. Flags are appropriate, colorful decorations that represent many different world traditions. Using construction paper and crayons, students can make flags for all the different countries of the world.



**“Success isn’t how far you got,
but the distance you traveled from
where you started.”—Greek proverb**

String all the flags together using yarn and hang them along the ceiling or hallways as a festival of flags.

With the school and cafeteria decked out, this is the best time to invite parents and the community to see the great job you and your team do in providing healthy meals to children every day. Plan a cultural fair to coincide with your NSBW activities. Work with teachers to assign each participating class a different country to represent. On the day of the fair, each class could have a booth featuring the many different aspects of that country’s heritage, including food, language, arts and crafts, music, dance and traditional clothing. Students, parents and visitors from the community can visit each booth, learning about different ways of living.

Stirring the melting pot

If you simply don’t have time to coordinate such an elaborate activity, there are many other fun ideas that teach students to embrace different cultures. Ask teachers to assign thought-provoking assignments requesting that students research their own cultural backgrounds, identifying how their heritage relates to and differs from the customs and habits of their peers in different parts of the world. In a cultural “show and tell” one morning during NSBW, students could present their research to their classmates.

Another classroom assignment suggestion is to require students to select a literary character that lives in another country, such as Madeline, Sherlock Holmes or *Jungle Book*’s Mowgli. Have students pick one of these and write a short story about this character visiting their homes. The winners will be delighted to hear their stories read in front of their peers during NSBW.

Other arts and crafts projects may include students designing a flag that represents the different ethnicities in their individual classes; using magazines to make a collage of people from different cultures; or acting out myths or stories from other countries. Finally, expose students to the sounds of other countries by playing ethnic music and language tapes. Students—and cafeteria staff—also will enjoy coming to school dressed in the customary garb of selected parts of the globe!

Make the world a better place

With a better understanding of foreign traditions, your students will begin to see cultural diversity as a positive force that connects them to one another, as well as to the world around them. A global perspective such as this can lead these students to become responsible leaders in the local community, the country and even

the world. But students need not wait for adulthood to start making the world a better place. During NSBW, you can challenge them to help improve the welfare of others, which will help them develop the confidence to achieve.

An essay contest is a great way to get students to think outside the box and toward the future. Ask tough questions like, “What would you do to make the world a better place?” or “If I were a leader of a country, I would...?” and “What are the basic rights of all people throughout the world?” For a unique group challenge, have students paint a mural that sends a message of peace and compassion. Finally, encourage your students to make connections and friendships not only with those around them but also with peers in other parts of the world (see ePALs and Kids’ Space Connection on page 60).

Stay connected

Don’t forget to pass along the details of your NSBW event to *School Foodservice & Nutrition*! We’re eager to hear how you translated the benefits of breakfast using this special theme. When your event has wrapped up, please send us a brief report of your activities and photos to NSBW Wrap-Up, *School Foodservice & Nutrition*, 700 S. Washington St., Suite 300, Alexandria, VA 22314, or sfn@schoolnutrition.org. All photos must be 300-dpi digital images (sent electronically or printed on photo-quality paper), store-developed photos or color slides. You, your staff and your student customers might be featured in the pages of the next NSBW review!

There is a Greek proverb that states, “Success isn’t how far you got, but the distance you traveled from where you started.” With the 2007 NSBW theme, “A World of School Breakfasts,” there is a vast world of creativity on which you may focus your celebration. But whether your NSBW celebrates the magnificent locales found around the globe or highlights the unique traditions of life in other countries, you will impart a rich knowledge about the world—and nutrition—to your students; knowledge that will stay with them, no matter how far they wander.

SF&N